



Farmington Gymnasium Group Fitness Schedule

January 1st-March 3rd 2018



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am						
6:15am		Yoga (Tiffany) Body Blast (Shannon)	High Fitness (Emily K.)	Yoga (Tiffany) Body Blast (Shannon)		
7:00am						High Fitness (Alex)
8:00am						Strong by Zumba (Greg)
9:00am	High Fitness (Michelle)	Zumba (Nikke)	Dance Fitness (Cathy)	Zumba (Cathy)	High Fitness (Michelle)	
10:00am		Yoga (Tiffany) Tone & Sculpt(Nikke)		Yoga (Tiffany) Step (Nikke)		
11:00am						
9:00pm	6:30pm Zumba (Greg)	High Fitness (Alex)	7:00pm Zumba 8:00pm Barre (Greg)			

Due to Jr. Jazz games and practices we will be limiting the amount of weekday evening and Saturday morning classes to accommodate this program. Thank You!

Group Fitness Class Descriptions			
Body Blast (Toning & HIIT)	HIGH Fitness	Yoga	Dance Fitness
HIIT interval training with the use of handheld weights, bands, jump ropes, medicine balls, steps and other equipment. Be ready for an entire body workout. Tone and tighten those muscles. This class is not for the faint at heart. Be prepared to work hard!!	HIGH Fitness is a fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines FUN with INTENSITY with CONSISTENCY. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.	Deep Flow Restore Basics	Fun energetic dance classes with easy fitness moves to top radio hits. No previous dance experience needed!

